5 February 2014 - Met Office forecasters are warning that heavy rain and gale force winds will continue to affect the UK as we head into the weekend, bringing the possibility of further disruption.

As forecast, we have already seen strong winds and heavy rain through Tuesday night and Wednesday - with south western areas particularly badly affected.

Strong winds and big waves will continue to bring risks along southern and southwestern coasts today, before winds begin to ease through Wednesday evening.

However, it's not long before another band of heavy rain is due to sweep across southern Britain on Thursday into Friday.

A separate area of low pressure is then expected to bring more rain and very strong winds on Saturday.

The Met Office has issued several Severe Weather Warnings for the next few days due to the possibility of flooding and damaging winds. The public are advised to stay up to date with these warnings and the latest details from our forecast during this time of particularly unsettled weather.

Andy Page, Met Office Chief Meteorologist, said: "The unsettled weather will continue over the coming days with heavy rain across the southern half of Britain on Thursday evening into Friday, and that will be quickly followed by another storm moving in early on Saturday.

"This will bring the risk of flooding and damaging winds bringing down trees to cause disruption to travel and power networks."

The stormy conditions will also continue to bring the additional risk of large and potentially hazardous waves in coastal areas.

Will Stephens, RNLI Coastal Safety Staff Officer, said: "With more stormy weather forecast, we're asking people to take extra care if they're going down to the coast. Rough seas and extreme weather might look exciting, but getting too close can be risky. So respect the water and, in particular, avoid exposed places where big waves could sweep you off your feet."

John Curtin, Head of Incident Management at the Environment Agency , said: "Following the wettest January on record for England successive bands of heavy rain are forecast, lasting into the weekend.

"With further river and coastal flooding expected this week we have teams working around the clock to protect homes and communities, and over 122,600 properties have been protected over the past three days.

"We urge people to stay safe and not to walk or drive through flood water which can be dangerous.

"In the face of this severe weather we would also remind people that they can sign up to receive free flood warnings, check their flood risk and keep up to date with the latest situation on the Environment Agency website and on social media using #floodaware."

Throughout this unsettled spell Met Office forecasters and advisors are working round the clock with our partners to keep everyone up to date with the latest forecast information so they can plan and prepare for the expected weather.

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